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Make Half Your Plate

Fruits & Vegetables



There are so many ways to eat **Fruits & Vegetables** every day.

Smoky Mustard-Maple Salmon

It doesn't get much easier — or more delicious — than this ultra-fast salmon. The sweetness of the maple balances the tangy mustard; smoked paprika or ground chipotle adds another layer of flavor. When you buy your salmon, ask at the fish counter to have the salmon cut into four 4-ounce fillets with the skin removed.

Ingredients

makes 4 servings

- 3 Tbsp whole-grain or Dijon mustard
- 1 Tbsp pure maple syrup
- ¼ tsp smoked paprika or ground chipotle pepper
- ¼ tsp freshly ground pepper
- ½ tsp salt
- 4 4-oz skinless, center-cut, wild-caught salmon fillets

Preparation

Preheat oven to 450 degrees. Line a baking sheet with foil and coat with cooking spray. Combine mustard, maple syrup, paprika (or chipotle), pepper, and salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon. Roast until just cooked through (approx. 8-12 minutes).

Quick Tips: Smoked paprika is made from smoke-dried, red peppers and adds earthy, smoky flavor. It can be used in many types of savory dishes. Look for different types of paprika at large supermarkets or online. Wild-caught salmon from the Pacific (Alaska and Washington) are more sustainably fished and have a larger, more stable population.



Nutrition Facts

Per serving

148 calories; 4g fat (1g saturated, 2g monounsaturated); 53mg cholesterol; 4g carbohydrate; 3g added sugars; 23g protein; 0g fiber; 276mg sodium; 434mg potassium
Nutrition bonus: omega-3 fatty acids



Center for Nutrition
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Go to www.ChooseMyPlate.gov for more information.

